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Gas Ranges**  
THE FINEST IN THE WORLD  
**City Gas Appliance Co.**  
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## IMPORTANT

After the Cooking School  
Lectures do not fail to in-  
spect the exhibit and  
manufacture of

## PURE ICE CREAM CONES

Most Important to Every  
Housewife.

## SOUVENIRS

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## Our Caloric Cook Stove Does It

—It bakes, stews, and performs  
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We are to furnish the Inner Player and Victrola Concerts before  
and after the Herald Cooking School Lectures during the week.

## The Herald Cooking School Programme

DAILY AT 2:30 P. M.

**MONDAY**—Japanese Roll, Tomato Cream Sauce, Broiled Bacon, Potato and  
Nut Croquettes, Cocoa Muffins.  
**TUESDAY**—Roast Lamb, Cherry Riccicles, Smothered Potatoes with Green  
Peppers, Cambridge Pudding Foamy Sauce.  
**WEDNESDAY**—Chicken in Rice Broth with French Peas, Potato Doughnuts,  
Feather Loaf Cake, Fairy Fruit Salad.  
**THURSDAY**—Filet of Trout, Sauce Tartare, Steamed Raisin Bread, Pimento  
Relish, Maple Cream Cake.  
**FRIDAY**—Oyster and Mushroom Cutlets, Broiled Steak Delmonico, Ginger  
Drops, Peach Tart.  
**SATURDAY**—Lecture, Household Hints, Question Box.

The roll that is part of Monday's lesson will furnish the canny cook with another means of disguise for that  
cold meat that must be used. She may use chicken and then again she may not. What do we care, anyhow, if  
it tastes good? It has to be eaten, and if our wife can make it as well as her teacher (and we know she  
can) it will be crispy and brown outside, moist and creamy inside—an altogether delectable dish which we  
are quite willing to stand for.

With this roll is served a tomato cream sauce that is vastly superior to the ordinary tomato mixture. It  
is largely in the seasoning that the secret lies, but there is nothing intricate in the preparation. Mrs. Arm-  
strong does not advocate highly seasoned dishes, but she does consider it wisdom to have a variety of season-  
ings in stock, and combine these in different ways, as occasion demands.

In both sauces and made dishes the success largely depends upon flavors. Too many cooks are content  
with salt and pepper, with an occasional use of onion or parsley. It is economy to invent a complete assort-  
ment of these inexpensive aids to one's table. Food that looks good and tastes good is in a fair way to do us  
good. We have all seen cooks like the one who protested when instructed to "serve the fish-balls for break-  
fast garnished with bacon." "I'll trim the dishes for dinner," she replied, "and maybe for lunch; but I'll not  
do any decorating in the morning." It is like the old-fashioned notion that the "best must be served for com-  
pany—most anything being good enough for home folks."

Some hints on broiling form part of Monday's programme, and they will prove useful to all. Every one  
uses a gas range nowadays, and most people do their broiling with it, but comparatively few are really suc-  
cessful, simple as is this method. For years Mrs. Armstrong has made a specialty of gas cooking, and she  
can tell you more about the workings of a gas range in ten minutes than will be found in all your cook  
books. If you doubt this, go to the Cooking School. (Continued in to-morrow's issue.)

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Washington's Leading Family Grocery Stores.

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If you would have satisfaction in your grocery buying, trade at  
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A FULL LINE OF CHOICEST MEATS, POULTRY,  
FISH, VEGETABLES, FRUITS, AND MARKET SUPPLIES  
—AT OUR UPTOWN STORE.

Our stores supply all of the Groceries used in the daily  
demonstrations at The Herald's Cooking School. There's a  
reason.

Everything in Staple and Fancy Groceries

Store Closes Daily 6 P. M.; Saturdays 9 P. M.  
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Armstrong's Cooking School all  
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Makes a new kitchen out of  
an old kitchen—almost equal to  
having another servant. A place  
for everything, and everything  
in its place. Do all your kitchen  
work sitting down and save  
yourself a hundred useless steps  
in a day.



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Sold on Easy  
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The Hoosier  
Special Saves Miles of Steps  
for Tired Feet.

## DR. SCHINDLER'S SALTED Peanut Oil Butter

A SCIENTIFICALLY IMPROVED PEANUT BUTTER,  
GUARANTEED ABSOLUTELY PURE.

PEANUT SANDWICHES—Spread on bread or crackers as it comes  
from the package, add salt if desired, lay another slice of bread or  
cracker on top. Excellent for Socials, Luncheons, &c.  
Fine formulas for making Cream, Gravies, Sauces, Cakes, Salads,  
Milk, Croquettes, Macaroons, Soups, Toasts, Dainties, Pie Crust, &c. Ask  
your grocer or write us. We refund your postage. This product has  
three times the food value of meat.

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WASHINGTON, D. C.



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Are used and demonstrated in The  
Herald Cooking School at the Ar-  
cade.

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the trees, by hand. It is not chemically refined, but washed in pure running  
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WASHINGTON, D. C.

## SHARON DAIRY

C. THOMPSON, Prop.

324 B Street Southwest.

'Phone Main 485

## Important TO THE Housewife NINE GOOD RULES FOR KEEPING MILK

1. Take in milk and cream as soon as possible after being left at  
your door and place in the refrigerator.
2. Keep milk and cream cold until ready for use. The bottom of  
the refrigerator is colder than the ice container.
3. If ice cannot be had, wrap the bottle in a wet cloth and stand it  
in a dish of water by an open window, out of the sun; evaporation of  
the water will cool the milk.
4. Keep milk or cream covered until wanted and in the bottle in  
which it is delivered; in open bowls or pitchers they will absorb odors  
from food and collect flies and dust.
5. Pour from the bottle only what milk or cream is needed for im-  
mediate use.
6. Milk or cream that has become warm should never be poured  
back into the bottle of cold milk.
7. Utensils used for milk should be cleansed with cold water and  
then with boiling water, thoroughly drained and allowed to become cold  
before being filled with milk.
8. Wash and return all milk or cream bottles daily.
9. Have a separate quart of milk for the baby; what he does not  
use, others may have.

## How to Get the Best Results from Bottled Milk

Before removing the cap always turn the bottle upside down,  
or shake it well, unless you desire the cream for coffee or cereals  
then handle the bottle carefully until the cap is removed, when  
you can take off a half pint of good cream from each quart.  
When cream is removed in this way, you must not expect the  
remaining one and one-half pints of milk to be rich, but content  
yourself with skimmed milk. By following the above instructions  
you will avoid the necessity for scolding the milkman.

All milk and cream used in The Herald Cooking School fur-  
nished by the SHARON DAIRY.